

THE GOOD, THE BAD AND THE BUDDIES NEW LIFE FOR BUDDY COP GENRE? {page 8}



STELLAR
PERRY BUYS A
TRIP TO SPACE

METRO DISH {page 10}

edmonton et l'és

Wednesday, August 4, 2010 www.metronews.ca



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Feds keeping belts tightened

Ocanada has recouped nearly all jobs lost during the downturn Oconference Board of Canada says feds could balance the budget by 2013-14, if all goes well

The federal government is pressing ahead with its restraint program next year despite new calculations showing Ottawa can likely balance the budget ahead of schedule.

Treasury Board president Stockwell Day says the government's commitment to balancing the budget in just more than five years is partly responsible for the "If a government is balancing its budget ... taxes probably won't have to go up and neither will inflation."

STOCKWELL DAY, TREASURY BOARD PRESIDENT economy's turnaround.

"One of the reasons we're seeing increased investment in Canada, both do-

mestically and internationally, is because we've sent out a clear message that we're going to balance our budget," said Day.

Despite recent soft numbers, Canada has led the major industrialized countries in bouncing back from recession, recording a growth spurt of 6.1 per cent in the first three months of 2010.

THE CANADIAN PRESS



Historic plane makes Alberta stop A Second World War Canadian Lancaster bomber taxis off a runway after landing in Calgary yesterday. The airplane is on a tour of Canada by the Canadian Warplane Heritage Museum. It's one of only two in the world that are still flying.

Special feature

Focus on continuing education

◆ How does distance education work? ◆ Does online learning fit with your personality?

Tips for upgrading your business skills, and more {pages 16-20}

Does he mean it this time?

Report says legendary QB Brett Favre set to retire, again {page 21}



Gearing up for the Folk Music Festival

Metro helps get you ready for the 31st annual Folk Fest {page 4}

Ready to Torch the iPhone?

Research In Motion unveils the newest BlackBerry {page 6}

Going, going Ghana

Boundless energy awaits in Accra and beyond {page 11}



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Missing Macleod rafters turn up OK

Three missing rafters in their 20s have turned up safely in Alberta.

Two women and a man launched their inflatable craft on the Macleod River yesterday, about 230 kilometres west of Edmonton.

Their plan was to get off in Edson about three hours later, but officials say the trip actually takes about nine hours.

The three spent the night outdoors and found a residence early this

River's path

- The river begins just outside the western border of Jasper National Park.
- At its end, it feeds into the Athabasca River near the town of Whitecourt.

morning. They later managed to telephone that they were safe.

Mounties had launched an air and ground search for the trio yesterday after a caretaker at Willmore Park in Edson, said some people came to the park's gates last night looking for help.

When darkness fell as the group was rafting down the river, some of the rafters got off, but the group of three had continued onward. The group that got off hitched a ride to Edson, then went to the park to meet their friends, but they didn't arrive.

THE CANADIAN PRESS

News in brief

Two women killed in crash

collision. The long weekend came to a tragic end on Edmonton's roads when two women were killed Monday afternoon in a collision between a car and a pickup truck.

Police say the car and truck were going in the same direction when they collided and ended up on the grassy median.

The women, who were in the car, died before they could be taken to hospital. THE CANADIAN PRESS

Woman died of stab wound

MURDER. Edmonton's medical examiner has completed the autopsy on the 23-year-old female victim of a homicide that took place over the long weekend.

It was determined that Angel Bird died as a result of a stab wound to the chest. Ashley Rose Sinclair, 19, was charged with second-degree murder and possession of a dangerous weapon. She remains in custody.

Investigators continue to search for the weapon.

• METRO EDMONTON

news



News on the move

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- The codes will direct your mobile browser to relevant content at

On the web at



Allan Small tells investors why the safest bet isn't always the best bet, at metronews.ca /investing

Alta. firefighters to battle B.C. blazes

▶ Firefighters will be gone for two weeks ▶ May be called back if the wildfire situation in Alberta changes



Firefighters from all over the province have been deployed to British Columbia to help battle wildfires.

More than 100 Albertabased firefighters are already in B.C. with another 85 being deployed over the next few days, according to wildfire information officer Geoffrey Driscoll.

Last year, the province sent firefighters and equipment to B.C., the Yukon and Banff National Park and brought in firefighters and equipment from New Brunswick, the Yukon, Quebec, Northwest Territories, Ontario and even Mexico.

40

There are currently 40 wildfires burning in Alberta, and none of them are out of control. Meanwhile, there are 90 active fires of note burning

Driscoll said sharing resources is the usual practice when battling wildfires.

"This is a standard way of doing business that we have in Canada," Driscoll said.

"It's a good way to make sure that if anybody needs help, help will always be given."





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VAN MORRISON EVOKES OLD MEMORIES

Opinion AT THE FOLK FESTIVAL ANDREAS MORSE

Terry Wickham, producer of the Edmonton Folk Music Festival, tricked us this year.

hen the first media conference about the festival was held a few months back, Wickham told us there would not be a Wednesday night fundraiser show.

Last year, Sarah McLachlan, Tracy Chapman and Meaghan Smith performed and the extra day was a huge success for the festival's endowment fun. But Wickham didn't feel he had the right artist for the job this year and didn't want to settle for second best.

He told us he was almost positive there wouldn't be a Wednesday night performance, unless of course he was able to sign "one of

What to expect



Tonight on the main stage:

7-8 p.m., Bobby "Blue" Bland8:30-10 p.m., Van Morrison, left

his favourite performers."
He would let us know for sure by that Friday.

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Well,
Friday came
and went and we
heard nothing. It
wasn't until the fol-

lowing Monday that we in the media, and through us to you, found out that Van Morrison would be gracing the Folk Fest main stage. Good things do come to those who wait.

My earliest memories of Van Morrison go back to his third solo album, Moondance. My dad owned the CD and between that album, The Beach Boys' Greatest Hits and Bruce Springsteen's Born in the U.S.A., that's practically all we listened to. The famous lyrics from And It Stoned Me are stuck in my head for eternity.

Later on in life, I was introduced to A Wonderful Remark and finally watched the documentary The Last Waltz (seems fitting that Levon Helm is playing Friday night), and with that, Van Morrison was officially cemented as one of my all-time favourite artists.

I never knew much about the man; I just knew I loved his lyrics. So I'll agree with Wickham — Morrison is one of my favourite performers as well and I can't think of a better way to kick off the 2010 Edmonton Folk Music Festival.

See you on the hill!



Last-minute prep for Folk Festival This year celebrates the 31st annual Edmonton Music Folk Festival, located at Gallagher Park. Performers from all over the world will bring music from their backyards to our backyard. The show runs Aug. 4-8, with the first day offering a fundraiser show for the festival's endowment fund. Eight stages, comprised of one main stage and seven smaller ones, will serve as the platform for more than 50 bands. The site covers a total of six city blocks in length and two city blocks at the deepest point. There are about 12,000 ticket holders for tonight's show. For more information, visit edmontonfolkfest.org.

Teens orphaned after crash

• Deadly collision comes after similar tragedy that killed six people on Sunday east of Golden, B.C.

Just one day after a crash in B.C. killed four members of one Edmonton family and orphaned an 11-year-old boy, a similar collision has devastated a second Alberta family.

RCMP in Sicamous, about 500 kilometres northeast of Vancouver, say a Mazda 3 carrying four members of an Alberta family hit a bridge abutment and bounced into the path of an oncoming pickup truck late Monday afternoon.

The truck slammed into

the passenger side of the small car, killing the man in the front passenger seat and the woman sitting directly behind him.

The couple's 18-year-old

son was driving and is only slightly hurt, but his 14-year-old brother has serious injuries and is being treated in hospital in Kamloops, B.C.

The man and woman in the oncoming pickup were also hurt but have been released from hospital.

THE CANADIAN PRESS



New code of conduct for Taliban

An updated Taliban code of conduct urges fighters to avoid killing civilians and forbids them from seizing weapons and money, a directive aimed at winning the hearts and minds of Afghans also being courted by international forces.

Are military deserters not welcome here?

▶ Immigration minister's office had no comment on new directive ◆ But critics allege discrimination

The Conservative government has given immigration officers tough new marching orders for dealing with military deserters seeking refuge in Canada, painting them as criminals who may be inadmissible.

The Immigration Department is leaning on officers to give a more critical assessment in new cases and telling them to report more often about existing files.

The department recently issued a bulletin to field officers saying flight from military service in another country may make some refugee claimants inadmis-

"It's an ideological thing. It's not based on need because there is already a process in place to screen out people who are criminally inadmissible."

MICHELLE ROBIDOUX, WAR RESISTERS SUPPORT CAMPAIGN

sible. The new directive points to existing provisions of the Immigration and Refugee Protection Act—sections that bar refugees from Canada on the "grounds of serious

criminality" — in order to make the case.

"Desertion is an offence in Canada under the National Defence Act," says the notice, issued July 22.

"Consequently, persons who have deserted the military in their country of origin may be inadmissible to Canada."

The bulletin stops short of imposing a flat ban on deserters entering the country, but it instructs immigration officers to seek guidance when dealing with deserters applying for permanent residence.

THE CANADIAN PRESS

Waters, and tempers, rise amid deadly floods

Floodwaters surged into Pakistan's heartland and swallowed dozens of villages yesterday, adding to a week of destruction that has already ravaged the mountainous northwest and killed 1,500 people.

The rush of muddy wa-

ter over river banks in Punjab threatened to destroy vast stretches of crops that make the province Pakistan's breadbasket, prompting the UN to warn that an estimated 1.8 million people will need to be fed in the coming weeks.

Adding to the misery, fresh rains in the north-west threatened to over-whelm a major dam and unleash a new deluge, while rescue workers struggled to deliver aid to some 3.2 million people affected by the floods despite washed-out bridges and roads and downed

communication lines.

The government has struggled to cope with the scale of the disaster at a time when it is grappling with a faltering economy and a brutal war against the Taliban.

Several foreign countries and aid organizations have stepped in to support the government, including Canada, which announced yesterday it is sending \$2 million in humanitarian assistance. International Co-operation Minister Bev Oda says the money will help more than 150,000 families severely affected by monsoon floods.

But many flood victims have complained that aid is not reaching them fast enough or at all, as floodwaters surge through Punjab, Pakistan's most populous province.

THE ASSOCIATED PRESS

Devastation

- Punjab is home to many of Pakistan's largest farms, and the loss of so many crops was one reason the UN's World Food Program (WFP) estimated 1.8 million Pakistanis would need food assistance for at least the next month.
- Aside from farmers, many victims have small businesses that have been destroyed and won't have the means to buy food for their families, according to WFP spokesperson Emilia Casella.
- The agency has delivered food to 40,000 people and is aiming to reach 250,000 by the end of the week, but "access is really remaining a major challenge," according to Casella

Palin and Johnston off again

Bristol Palin and Levi Johnston have called off their second engagement after he told her he may have fathered a baby with another girl.

The other girl was not identified, but a pregnant ex-girlfriend of Johnston has publicly denied he is the father.

Palin, the 19-year-old daughter of former Alaska Gov. Sarah Palin, told People magazine that Johnston told her about the baby on July 14, the day the couple had announced their

engagement.
Bristol Palin and
Johnston, 20, have a
toddler son together,
Tripp.

THE ASSOCIATED PRESS

Hamilton |

Key victory for backers of mosque

A New York City commission yesterday denied landmark status to a building near the World Trade Center site, freeing a group to convert the property into an Islamic community centre and mosque that has drawn national opposition.

The Landmarks Preservation Commission voted 9-0, saying the 152-yearold building blocks from the site of the Sept. 11 terrorist attacks wasn't special or distinctive enough to meet criteria to qualify as a landmark.

Commissioners also said that other buildings from the era were better examples of the building's style.

THE ASSOCIATED PRESS

Woman, 113, goes missing

Japanese authorities admitted yesterday they'd lost track of a 113-year-old woman listed as Tokyo's oldest, days after police searched the home of the city's official oldest man—only to find his long-dead, mummified body.

Officials launched a search this week for Fusa Furuya, born in July 1897 and listed as Tokyo's oldest citizen, after it emerged her whereabouts are unknown.
Officials updating their

Officials updating their records ahead of a holiday next month honouring the elderly found that Furuya does not live at the address where she is registered, said a public official in Tokyo.

THE ASSOCIATED PRESS



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Escalade is thief magnet

The blinged-out Cadillac Escalade SUV, a favourite of rappers and A-listers like Tiger Woods, is also the vehicle most targeted by thieves, according to an insurance industry group.

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Does RIM's Torch have heat to beat iPhone?

Latest BlackBerry faces tough battle in crowded market, say experts • Saudi Arabia joins UAE in ban on services

Research In Motion officially unveiled its latest smartphone yesterday, a new touchscreen model with a slide-out keyboard designed to challenge Apple's iPhone, but analysts questioned whether the Torch innovative is enough to woo consumers.

The new BlackBerry will be released in the United States next week for \$199 on a two-year contract, while Bell, Rogers and Telus all say they plan to offer it in Canada, with Rogers saying a release will take place "in the coming weeks."

The phone is packed with consumer-friendly features, including built-in links to social networks like Facebook, Twitter and



MySpace, and has a slideout QWERTY keyboard to appeal to users frustrated by typing on touchscreen keypads.

The new operating sys-tem will also work with some BlackBerrys already

on the market, including the Bold 9700, Bold 9650 and Pearl 3G.

Ian Lee, MBA director at University's Carleton Sprott School of Business, is a self-professed Black-Berry user. He said he had mixed feelings about the announcement, and said RIM is still at risk of being left behind.

"Today's product launch was absolutely crucial in trying to turn around the decline in the market share that's occurring right now," he said.

'I'm sure it's bigger and better and faster and more powerful but at most they caught up today to Apple's iPhone and I'm not sure they even caught up." THE CANADIAN PRESS

Recovery slowing

U.S. consumers did not boost their spending in June and their incomes failed to increase, further evidence that the economic recovery slowed in the spring. And Americans saved at the highest rate

in nearly a year. Personal spending was unchanged in June, the U.S. Commerce Department reported yesterday. It was the third straight month of lacklustre consumer demand. THE ASSOCIATED PRESS



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Still, he worries

use saltwater

about oil fouling

his 50 tanks, which

pulled through an

800-foot pipeline from the Gulf. He

is installing filtra-

tion systems just in

is about 20 miles

from the

Just sayin'

PAUL **SULLIVAN**



Paul Sullivan's Just Savin' column will return Aug. 18

LEARNING A LESSON FROM NOAH

On the chance the Gulf of Mexico oil spill threatens some sea creatures with extinction, naturalist Jack Rudloe hopes his laboratory can save them.

Rudloe has launched Operation Noah's Ark, using his four-acre facility an hour south of Tallahassee, Fla., to preserve more than 350 different specimens - everything from sharks to starfish, shrimp and batfish — in an environment that includes a grassland and duplicates high and low tides. And he's not doing it two-by-two. The fiddler crabs, for instance, number around 50,000.

"We have this endless supply of critters and water out there, said Rudloe, 67, whose enchantment with the Gulf and its

inhabitants dates back some 40 years. 'We have to get as many animals in there as we can and then if the conditions permit, be able to put some of them back and get some things started."

Though the bro-ken oil rig has been capped since mid-July and little heavy crude is visible on the Gulf, Rudloe said he's still committed to the project.
"I don't believe

that the oil is gone," Rudloe said. "It's still out there in cold water, little tiny droplets that could come spilling

Helping hands

Naturalist Jack Rudloe has received some outside help since the spill.

- Separator Pennsylvania based Martin Marine shipped a \$25,000 wateroil separator that Rudloe said could save the day, sifting out petrochemicals.
- Tanks He will also use roughly 50 large water tanks to store "healthy seawater" to maintain hundreds of other critters. including sea urchins, sea cucumbers, sponges, sea horses and spinybox fish.

case "If everything is dead, the marshes are black, the water is foul ... we still want to keep the

up here in the place going," Rudloe said. "We wrong conditions would have to have live support of one or two hurrisystems where we can keep things alive." canes. Rudloe's Dicker-

Rudloe estimates the project could cost \$1.2 million US. He can't afford that kind of financial hit, coming at a time when his wife — noted marine biologist Anne Rudloe — is battling a serious illness. The nonprofit, licensed facility, which attracts about 18,000 visitors annually, depends on admission fees, memberships and donations.

A New York native who moved to Florida in his early teens, Rudloe, who is self-taught, has joined with his wife to write books on the Gulf ecosystem along with articles for National Geographic, Sports Illustrated and other publications.

THE ASSOCIATED PRESS

Cartoon

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Health and numbers

0 0

HALIFAX. On June 26, the federal government announced Canadians would no longer be required to complete Canada's long-form

Doctors Nova Scotia is concerned that the alternative - a voluntary sur-- will not be able to provide the necessary credible data to guide health-care policy and program development in our province.

The information gathered from the long-form census is critical to the development and delivery of health-care programs and services.
Reliable information is

Data decision



key when meeting the challenges that face our health-care system. IANE BROOKS, PRESIDENT. DOCTORS NOVA SCOTIA

Re: "Forest bathing" aids well-being (Aug. 3)

TORONTO. I wish to thank Metro for printing the article by Celia Milne. These are heritage

trees. Milne brought to our attention the importance of forests and our well-being.

It was perfect timing since the United Nations has declared 2011 as the International Year of Forests to raise awareness, preserve and conserve all types of these forests for generations to come. EDITH GEORGE

Lady Gaga: Hot or not?

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Metro Minute at the corn maze

Edmonton's original corn maze is celebrating 10 of getting people lost. Each year, a new maze design is unveiled and this vear funds are being raised for the Edmonton Food

On long weekends, \$1 from every admission will be donated to the food bank and anyone who brings a food donation will get another \$1 off the price

of admission. Though the pathways can be walked in less than 30 minutes, most directionally challenged visitors will require about one hour to travel through the maze.

directions visit. For www.edmontoncornmaze.ca/location/

ANDREAS MORSE







Christopher Nolan's Inception, which stars Marion Cotillard, will be released in China, the country's film importer said yesterday, giving a lucrative foreign market to a sci-fi thriller that already has become a global sensation. China Film Group will give the Warner Bros. production one of its coveted 20 annual slots for revenue-sharing imports.

THE ASSOCIATED PRESS



Buddy cops team for comedy gold

● Will Ferrell and Mark Wahlberg breathe new life into genre with The Other Guys ● Films that pair opposing lawmen often reflect real situations



The Other Guys certainly isn't Hollywood's first buddy cop movie. It's not even the first one this year — thanks to February's release of Cop Out

lease of Cop Out.
With The Other Guys however, comic Will Ferrell and Oscar-nominee Mark Wahlberg aim to revitalize the long-standing genre that has flourished since the 1980s with favourites like Beverly Hills Cop, Stakeout and

Lethal Weapon.

Commonly comprised of two opposing lawmen, the buddy cop movie may be a perennial favourite but the real question is, how true to life are these films?

"Certainly I think they sex them up a bit for Hollywood," said Cam Woolley, a retired 30-year Ontario Provincial Police officer and now a television reporter on Toronto's CP24. "(But) most people probably wouldn't believe how much of it is true."

Ethnicity often plays a central factor in many of

these films (48 Hrs, Rush Hour) but they aren't completely reliant on cultural distinctions. More importantly, the main characteristic of all buddy cop films has to do with the interdependence between distinct personalities.

"(In movies), they're usually dissimilar and that's where you have half the fun where you have these two characters that don't fit very well," said Woolley. "And that's true because the police aren't usually picking their partners for a variety of reasons ... but

you ultimately have to depend on each other."

Whether it's such bigticket blockbusters as Bad Boys or a Canadian hit like Bon Cop, Bad Cop, it's that conflicting alliance that creates the perfect contrast for classic comedy.

"When coppers watch these movies, there's lots of little sideways looks and giggles," laughed Woolley, before hinting at an added value perhaps only officers can appreciate. "I always found it amusing that the boss always gets an extra hard ride."

buddy cop movies

- 1967 In The Heat of the Night: Although not a comedy, this Norman Jewison drama is largely considered an early pioneer for mismatched coos.
- ▶ 1982 48 Hrs: This Eddie Murphy/Nick Nolte comedy kicks off the decade of the buddy cop, which soon follows with Dragnet, Stakeout, Midnight Run.
- 1987 Lethal Weapon: Lethal Weapon becomes one of the most successful franchises.
- 1988 Alien Nation: This cult favourite marks the first pairing of a cop and an extraterrestrial.
- ▶ 1997 Men in Black: The all-time top-earning version of a buddy-cop comedy (more than \$250 million worldwide).
- 2006 Bon Cop, Bad Cop: Canada finally gets its own buddy-cop movie and becomes one of the nation's highest-grossing films in history.

Short mixes it up for The Cat in the Hat

Martin Short says he mixed a bit of insanity, friendliness and childlike frivolity to come up with his vocal take on the high-spirited Cat in the Hat, but don't go looking for tell-tale signs of his other famous personas, such as the manic Ed Grimley or the obtuse Jiminy Glick.

The Hamilton-born actor, who has used his outrageous vocals to create memorable characters such as outrageous wed-

ding planner Franck in the Father of the Bride series, says he wanted to make his latest kooky incarnation as unique as possible, while still staying true to spirit of the Dr. Seuss books.

Short's twist on the beloved children's hero can be heard in the new animated series The Cat in the Hat Knows A Lot About That, billed as the first TV show based on the literary feline.

"You probably go from a source of energy, a source of animated voice, and you actually try to avoid the other characters because then they say, 'Oh, he's just doing Ed Grimley."

The Treehouse series is drawn from the beginner book collection, The Cat in the Hat's Learning Library, and features a boy and a girl who learn about nature and science with the help of the know-it-all Cat. THE CANADIAN PRESS



"He's got to be friendly and insane and animated and filled with a kind of childlike frivolousness to engage these kids."

The end of Twilight

Twilight fans will get their final taste of the vampire series when the second half of the finale hits theatres at the end of 2012

The Twilight Saga:
Breaking Dawn — Part 2,
is scheduled for release
Nov. 16, 2012, Summit Entertainment announced
yesterday. The first half is
coming out Nov. 18, 2011.
THE ASSOCIATED PRESS





Will.i.am upset over new Jackson album

Dack Eyed Peas frontman says release 'disrespectful'

A new Michael Jackson album is expected by the end of the year, culled from unreleased material in his vaults.

But Jackson collaborator and Black Eyed Peas frontman will.i.am is vehemently opposed to the idea.
"I don't think that

should ever come out. That's bad," he said. "He was a perfectionist and he wouldn't have wanted it that way. How you gonna release Michael Jackson when Michael Jackson ain't here to bless it?"

Will.i.am collaborated with Jackson on the rerelease of Thriller in 2008 with remixed versions of

some of the album's classic

He said Jackson was very particular about all aspects of his musical productions, from his vocals to arrangements to instrumentation.

"Now that he is not part of the process, what are they doing? Why would you put a record out like that? Because he was a friend of mine, I just think that's disrespectful," he said. "What's wrong with what he already tributed to the world?"

The Jackson estate did not respond to a request for comment.

Not much is known about what will be on the

"So what? You don't disrespect someone when they're gone. ... How much can you suck from his energy? ... Freaking parasites!"

WILL.I.AM, WHEN ASKED ABOUT THE HIGH DEMAND FOR ANY NEW JACKSON MUSIC

album, but Michael's brother Jackie has said he and brother Marlon were working on the record with John McClain, Jackson's former manager and executor of his estate.

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Celebrity tweets



Cosby MBillCosbvl Emotional friends

have called about this misinformation. To the people behind the foolishness. I'm not sure you see how upsetting this is. (on reports of his death)



tha Ronson [Asamantharonson]

One would think the safest place for a safe key would be inside the safe. That is until you try again to



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cheesy show. No tigers and no one with the last name



Lohan ordered straight to rehab

While Lindsay Lohan was certainly happy she only had to serve 14 days of her 90-day jail sentence, she's reportedly not very hap

py about not getting to see her family when she got out, according to People magazine. "Lindsay is very

upset that the judge ordered her to go straight to rehab," a source says. "(Lindsay) feels that she deserved to spend a day with her family after she behaved well in jail."

Lohan's mother and sister met up with her at the UCLA Medical Center once

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she'd checked. METRO WORLD NEWS

Thompson on working mothers

Emma Thompson is causing quite a stir over remarks about being a working mother. "You can't be a great mum and work the whole time necessarily; those two things aren't ideal," she tells Good Housekeeping magazine METRO WORLD NEWS

Out of this world gift for Brand

Songstress Perry buys beau a trip to space on Virgin Galactic's maiden voyage for his birthday

Katy Perry is apparently a great gift-giver.

fiancé For fiancé Russell Brand's 35th birthday, she purchased him a \$200,000 US ticket on the first Virgin Galactic flight into space, according to E! News Perry isn't planning on going into orbit herself, though friends think she should.

"She should get the seat right next to him," source says.

No date has been set for Virgin Galactic's maiden voyage. More than 200 people have reportedly signed up for a flight. The endeavour was started by Sir Richard Branson.

Meanwhile, Perry is set to appear on the cover of Rolling Stone magazine in lingerie. In an interview with the magazine, Perry reportedly discusses her strict Christian upbringing. Her parents were both pastors. • METRO WORLD NEWS



Ellen gives Idol the heave-ho

season.

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Ellen DeGeneres couldn't be talked into staying with American Idol, a Fox executive said Monday, creating a second opening for change in the show's 10th

Who will fill her judge's chair and the one vacated by Simon Cowell were questions left unanswered by Peter Rice, chairman of entertainment for the Fox Networks Group. "There are no deals

signed on either side of the camera" with newcomers, Rice told a meeting of the Television Critics Association.

Actress-singer Iennifer Lopez and Aerosmith singer Steven Tyler have been reported as front-runners for the panel. Rice said some of media speculation about the future of American Idol were accurate and



that some were "wildly inaccurate."

He also declined to discuss the status of original judge Randy Jackson, reports that Kara DioGuardi might be in jeopardy after two years on the panel or whether former American Idol producer Nigel Lythgoe is in talks to return

Rice said the goal was to have the judges in place by mid-September, when auditions that include the panel will be filmed.

Cowell got a splashy farewell in the American Idol season finale in May, months after announcing his departure. He's launching a new talent show, The X Factor on Fox next year.

Last week, DeGeneres said she'd decided to exit despite reportedly signing a five-year contract with Idol because she felt uncomfortable playing critic to the show's contestants.

Rice told reporters he tried to persuade her it would be different in the future, but the talk show host and comedian was unmoved.

The revamp comes after a season during which ratings dipped, but was not enough to knock American Idol from the No. 1 spot.

THE ASSOCIATED PRESS



▶ The heat of Accra is matched only by the energy of its inhabitants ▶ There is so much happening here 24/7 that it's impossible to get bored



"Akwaaba!" Welcome to Ghana ..."

Why go now?

Bordering the Gulf of Guinea and wedged between Ivory Coast and Togo, Accra is one of Ghana's hippest cities. The capital's boundless energy is contagious and obvious in all aspects of everyday life. It's the women pounding fufu (maize paste) or haggling over the price of fried plantain on the sidewalk. Voodoo belief and influence leaves its mark too and impossible to ignore is the Ghanaians' love of a good party.

It's my first time. What should I do there?

Ghana's coastline is some 500 km of unspoiled beach lined with coconut and palm trees and Labadi Pleasure Beach is the most popular one in Accra. Put your feet up and relax on your sun lounger as you get a quick mani-pedi on the spot or join in a game of Frisbee or beach volleyball.

I've been before. What should I see this time?

Drinking a pint of Guinness at Ryan's Irish Pub

may seem like the wrong thing to do, but strangely, it's wonderful. Try out a tro-tro, local commercial buses that will zoom you up and down every alleyway of Accra, showing you exciting new places. Spend an afternoon visiting the fishing port James Town and then climbing to the top of the old Lighthouse for some spectacular views over the Atlantic Ocean.

Where's the best place for shopping?

Loom (117 Kwame Nkrumah Ave) is the best place for high-end local arts and crafts. African glass pearls, ebony statuettes and intricate woodcarvings can all be found here. For the most elegant textiles there's no place like Woodin's whose reputation for beauty and quality of print is respected throughout West Africa.

What's the nightlife like?

what's the nightlife is a whirl-wind of song and dance and keeping up with the local pace is tough. Start with a dinner of sushi or crocodile tail at Monsoon. Get yourself into the swing of things at Indigo (near Danquah Circle), a trendy club located within an old embassy building. Near Oxford Street is Lizzie's, ideal for those who want to keep on dancing into the night and like their hip-hop.





THINGS TO DO



LOMÉ

Cross the Togolese border to the port city of Lomé. The Grand Marché is a massive concrete block where thousands of buyers and sellers meet daily to haggle and squabble over anything from meat, pearls, plantains, plastic cups and cigarettes. French is the main western language spoken in the area. Lome also has one of the best restaurant scenes in West Africa. But it's one of the best kept secrets for a reason, so get some help find-



VOODOO DOLLS

Follow the crowd along Hansen Street making its way to Timber Market. Don't let the unknown put you off. The fetish section is fascinating, from the juju dolls to the furry trinkets, animal skulls and little bottle of powdered potions. Magic.



TURTLE TALES

Ada Foah on the Volta Estuary is one of the most of important nesting and breeding sites for endangered marine turtles. The beach is also a sanctuary for estuarine birds, making it a true bird-watchers paradise. Hitch up a tent or sleep in one of the thatched roof bungalows at a nearby beach resort.



Top picks

Travel find this week:

1 Get wet: When it opened in early June 2010 about a half-hour's drive east of downtown Ottawa in the small town of Limoges, Calypso became Canada's largest waterpark, with slides, games and numerous ways to get and stay wet. calypsopark.com



- 2 Deals: Bid on a selection of hotel packages for everyone from the discerning luxury traveler and those seeking a quick getaway to deals targeted towards family journeys at LuxuryLink.com and their recently launched sister sites FamilyGetaway.com
- Cruises: Visit tripharbour.ca to find a wide selection of cruise ship deals, reviews on trips and stay up to date on the industry.



Stonehenge to move



Be savvy in your exit intérviéw

Parting ways? It won't be easy if Human Resources has its way.

These days, getting and quitting a job involves a roughly identical amount of corporate passage rites from legalistic forms to fill out to statements to sign. But perhaps no ritual is as arcane as the final threshold: The exit interview. You, an HR rep and a voice recorder, reminiscing on the employee handbookprescribed lives you shared.

No good news

The best way to say, 'So long, sucker!'? Even some feedback can be bad feed-

Even happy feedback could have an unhappy blowback. "Let's say you say something positive," Corcodilos says. "Later, you realize they discriminated against you, and you want to sue. HR trots out your notes from your exit interview and it says, 'I had a great time here, the company treated me very well.' There goes your lawsuit."

sacred fact-finding mission for some managers, but a perfunctory formality for others, exit interviews are — for Ask-TheHeadHunter.com thor Nick Corcodilos "the cockroaches of the HR world.

"They just survive," he says. "I really think companies do them out of sheer

"If a company wants to find out what employees think, why don't you ask them while they're still working there?" he asks. Why wait until they're leaving?"

Navigating an exit interview, like any goodbye, is a theatrical art — and while many a worker may relish the chance to discharge a few parting shots, career coach Hallie Crawford recommends bidding adieu with diplomatic understate-

"Try to not single out any one person unless you are pressed to do so," she advises. "Keep things professional, not personal." She continues, "Consider what criticism is really worth bringing up."

What's the right way to resign?



• For many job-hopping careerists, there are few workplace rituals so hard as saying 'so long'



"People dread it," says Surviving Dreaded Conversation author Donna Flagg, who views the quitter's apprehension as a self-centred sentiment.

"People come and go, companies move on," she says. "It's not as devastating as the person resigning makes it in their head."

Don't let that resignation guilt lead you to pen an overly personal resignation when you tender your resignation. Flower your two-week notice with paeans to your corporate overlings and the document could wind up decorating a courtroom counter evidence table exhibit A — should you ever need to sue the company for unpaid wages or salary discrimination.

"Write a letter with one line," suggests How Can I Change Careers author Nick Corcodilos. "I hereby resign my position with X-Y-Z. That's it. Be friendly, respectful, professional, upbeat, but do that stuff

Yet don't allow your

Melodrama

Feel like the blameless protagonist exiting a play about corporate absurdity? It doesn't matter Flagg remarks. "Bow out gracefully," she advises. "It's not worth giving them a huge 'F-you' on your way out. We bump into the same people in our career."

post-resignation talks to turn into negotiations. Despite what an overbearing boss may plea, two weeks is a sufficient heads-up — "It's the bare minimum," Flagg estimates, "but at the same time, I don't think there's any need to do four or

More treacherous is the is the chief of industry who tries to raise your resignation with a counter offer - a dicey proposition Corcodilos warns to never entertain "under any circumstances." "If your company tries

to buy you out like that, the money has got to come from somewhere.' he explains. "Typically, it comes from your next raise review."

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News in brief

High Density Library coming to uCal

EDUCATION This month, the University of Calgary will open its High Density Library (HDL), which has been modelled on Harvard University's book depository, report UToday. Shelving at the HDL is 30 feet high and books are arranged according to their size instead of call number, allowing six times as many books to be held in the building compared to a traditional library. Special climate conditions in the new library means that printed materials will be cared for in the best possible manner. ACADEMICA.CA

UoGuelph aims to save more

EDUCATION The University of Guelph says it will employ more resources in a Ontario Veterinary College (OVC) summer program to reduce the number of young beagles that die during training. This summer, 10 out of 20 dogs have died in a program that allows immigrant vets to obtain their credentials to work in Ontario. The dogs, which are bred specifically for use at OVC, have died as a result of spay and neuter surgeries

communications says additional resources in the future will help keep more dogs alive in order to adopt them out. ACADEMICA.CA

UoGuelph's director of

WWII vet leaves \$1M to UNB

EDUCATION Second World War veteran Joseph Flanagan has left a \$1.34million bequest to the University of New Brunswick to support student scholarships. The gift will fund the Joseph A. and Kathleen A. Flanagan Memorial Scholarships for students from New Brunswick taking science and engineering programs at the university. Valued at \$5,000 each, seven scholarships have been

awarded for the upcoming school year. ACADEMICA.CA

Colleges not doing enough to curb booze

EDUCATION American colleges are not doing enough to limit student access to alcohol, according to a new study from the University of Minnesota and reported by USA Today. The study's author says a survey of 351 college administrators revealed there was "very little action" on recommendations from a 2002 report from the U.S. National Institute on Alcohol Abuse and Alcoholism's college drinking task force.

Help can be a key to success

• With a new school year fast approaching, homework will once again become a nightly activity

Making homework a positive and productive experience is something that every parent aims for. According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to actively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses

Getting started

Have your child choose a question that they know how to do. Do the first question, fill in the first blank or read the first paragraph together. Ask if he or she can do the second one alone and reassure your child that you'll be available to help if needed.

from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school.

Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning, creating a more rewarding and enriching homework experience.

Demonstrating an in-

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from

Kumon Math and Reading Centres:

Know the homework policy:

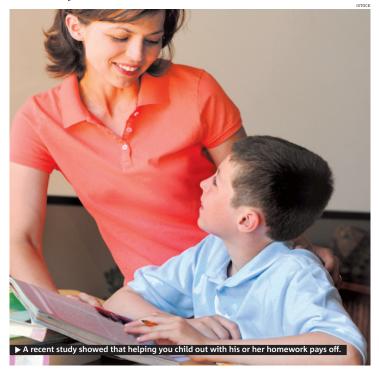
Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and the expectations for parent involvement.

Establish a routine:

This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand, such as pens, pencils, paper, ruler, scissors and a dictionary.

Reinforce study habits:

Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take to complete the assignment. NEWS CANADA



NO 'FREE' CONSULTATIONS

Workplace Law

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eople get what they pay for.
This is as true in law as it is in life. Here is one story that should make employees pause when they are offered a "free" consultation with a lawyer.

I recently met with a client seeking a second opinion following his complimentary session with another lawyer. He had found a "labour lawyer" on the Internet whose website brandished a free consultation. Believing that he would get an opinion on his case without spending a dime, this client was unfortunately drawn to the lawyer's promise.

They spoke briefly on the telephone and the lawyer swiftly provided an "opinion" that he had been wrongfully dismissed. The problem, however, is that he was wrong. Based on the lawyer's advice, the client gave him \$1,500 to review the file and write a letter. He then signed an agreement permitting the lawyer to charge him based solely on the time he would spend on the file, regardless of the result.

Later on, during the lawyer's comprehensive review of the file, he

discovered that the employment contract the client had signed had all but disposed of the case. The lawyer hadn't bothered to discuss the contract as a potential problem during their initial free discussion (something that most employment lawyers should spot as a matter of course). But, by the time the lawyer later realized the significance of the issue, he had performed hours of work — which, according to the retainer agreement the client had signed, was time that he would be paid for.

Therefore, the client had been billed twice the standard fee that most lawyers generally charge for an initial meeting for less than half of the work. In other words, this client's "free" consultation had become something much different. And his cautionary tale is, unfortunately, not an unusual one.

What should employees do?

Avoid free legal advice or summary opinions provided over the Internet or telephone, however tempting that may be. Don't work with lawyers who simply dabble in employment law — and ensure you understand how you will be charged for your lawyer's time.

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Time to turn your runway dreams into reality



Canadian public relations John Mackay, founder of PR firm Mackay & Co., and his associate Joshua Norton, are fashion industry veterans who count Tiffany and Co. and their Hermès among clients.

As a way to give back to the community they love, the pair has launched an innovative mentorship program aimed at equipping up-and-coming designers with the communications skills necessary to make it in the fashion biz.

"Initially, we thought we'd do their PR for them free of charge," explains Mackay. "But then we thought, if they're going to build a business in Canada, they may never have the they may never have the money to promote themeffectively using agencies. They may have to do it themselves." And thus, the Mackay & Co.

born.
Their first "student" is Chinese-born, Torontobased womenswear designer Paris Li.

"English is not my first language and sometimes I have found it difficult to express what I am trying to do in a business situation," says Li, adding that since beginning her mentorship with Mackay and Norton, her confidence has increased and she's more comfortable with buyers

"They have helped me develop my marketing communications skills, and also reinforced some things I knew but was not confident about," she explains.
Aside from helping de-

signers develop communication skills with buyers, the press, retailers and banks, Mackay and Norton also work with them to execute unique public relations plans.

For more information, go to mackayandco.com



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Don't stay down about the mistakes you make

• You're not imagining things if you notice that those feelings of inadequacy in the workplace have a way of coming back-to-back



The harmful pattern of how one mild mishap can self-multiply into a day job downward spiral of serial slipups is as familiar to the waiter who drops two dishes in a single shift as it is to the C.E.O. who drops two awkward jokes in a single shareholder's speech.

Career gurus say there's an easy backdoor away from that personal prison: When you feel like you can't do anything right, just take an instant to not

do anything at all.

"Focus on something beautiful," life coach Melanie Fuscaldo says. "A moment of appreciation like, 'Oh my God, I love my dog. I love my kids.' That can do a reset."

Fanciful as daydreams of tots and puppies may seem, there's a science behind her wisdom, Dr. Pam

"When we perceive a threat. all that stress chemistry shuts down the part of our brain that allows us to think strategically and objectively." DR. PAM BRILL

Brill notes, explaining the neurological aspects of failure.

"When we perceive a threat, all that stress chemistry shuts down the front part of our brain that allows us to think strategically and objectively," the peak performance consultant says.

"We get into this trap of saying, 'Woe is me, I'm not as good,' and we focus negatively.'

That's why she says an outside perspective can spin panic into spunk.

CONT. ON NEXT PAGE>>





JOHN MACKAY'S TIPS

Top 5 tips for aspiring fashion designers:

1. Learn to be formal:

You grew up in an informal world with texting, Facebook and other abbreviated communications. But business is business. Learn to write a great letter, an e-mail people will want to read, leave a great voicemail, etc. There are rules. Learn them. 2. Pick up a book on etiquette: Etiquette? That's

the art of

treating people well — and politely. Doesn't matter how you live, what your style or how old you are, a little grace goes a long way.

3. Accuracy matters: When we get an emailed job letter or resumé with typos, we toss it. Take time to proof your communications.

4. Learn about me: "Me" being the company you're trying to get an interview or a job with. Think about the company you're applying to. Show them you really understand who they are and what

they do.
5. Be relentless:
Don't stop trying. Ever. If you
want it with all
your heart,
you'll get it —
or pretty darn
close.

HEATHER BUCHAN



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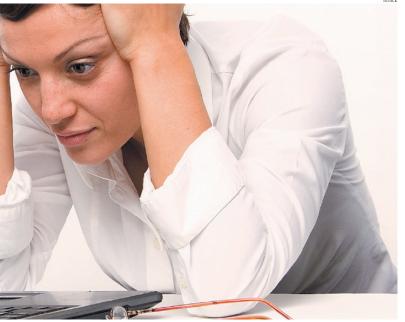
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Laugh it off

When you've really overboiled the broth, Fuscaldo recommends you "throw in a little humour. Laugh about it," she says. "Just let the thoughts roll into peaceful, loving gratitude."

«CONT. ON NEXT PAGE

"Call an old mentor," she offers. "Take them out for coffee."

Rewording the vocabulary flooding your inner ear can accomplish the same.

can accomplish the same. "When you hear yourself using phrases like, 'I can't do that, or I should've done that,' turn it around," Brill suggests. "Find the language of desire instead of the language of disaster."

"And be candid," she adds. The worst thing a self-doubter can do, she warns, is keep top-secret a project lurching towards disaster.

News in brief

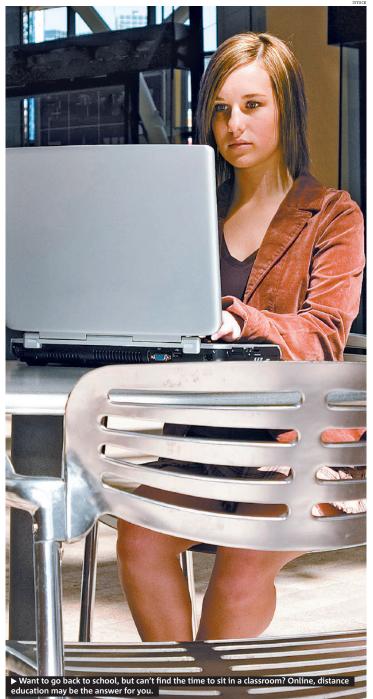
Water safety training needed

EDUCATION The Lifesaving Society of B.C. says institutions involved with international students need to ensure water-safety education is part of their orientation. The call comes after a 23-year-old student from Korea on a summer study tour at Okanagan College nearly drowned last week. Earlier this month, a 17-yearold Chinese student going to school in North Vancouver drowned, while an 18-year-old Acadia University student from Kenya drowned in

May. Okanagan College says new water safety guidelines for international students will be introduced as a result of the accident.

'Academic vandalism'?

EDUCATION The proposed closure of the University of Toronto's Centre for Comparative Literature has sparked an international campaign in protest, according to Maclean's OnCampus, with scholars from all over Canada, the U.S., and Europe writing letters pleading with utToronto to reconsider folding the centre into a proposed new School of Languages and Literature.



No time to sit in class? Distance ed may be the key

Online/distance education is the way to go if you don't have time to sit in a building Flexible schedules, freedom in learning style are big draws



If you want to continue your post-secondary education, but don't have time for the classroom, online/distance learning could be your salvation.

Laurel Smith, virtual programs administrator at Mount Royal University in Calgary, says students with children or jobs are drawn by the flexible schedule.

Hot courses

- The most popular online courses in Halifax tend to be ones that are basic prerequisites to further offline study, such as math.
- In Toronto, business cours es like accounting and project management rule the online world.
- Ottawa universities have popular online courses in food microbiology and food quality and safety.
- In Calgary, tourism-related courses like event management do well while Edmonton offers many information technology programs.
- In Vancouver, creative classes such as writing are hot.

"They have a lot of freedom in the style of learning and can learn in a way that best suits their needs," she says.

Mount Royal gets students straight out of high school and students returning after decades in the workforce.

Most students take online courses in their own communities, showing location is less important than convenient times.

Derek Taye at Halifax's Dalhousie University says courses are delivered via a "blended learning" model mixing offline with online.

In a 14-week course, there would be three of four concentrated days in an actual classroom in Halifax, Toronto, Ottawa, Calgary or Vancouver.

Online parts include real-time lectures via video, discussion forums and live classes.

Students use live streaming to ask questions other students and professors can hear and respond to, along with IM chat and blog-style discussions.

The key is to make the experience invisible.

"[Students] aren't here to figure out computers, they're here to learn," Taye says.

Keeping it cutting edge

Derek Taye says while Dalhousie University keeps its online learning at the cutting edge of technology, there needs to be a balance with what professors and students are technically capable of doing.

doing.

As "digital natives" move through the system, they will push deeper into the online possibilities.

Online classroom programs such as Wimba, Elluminate or WebEx and Flash bring lessons alive, while Adobe e-learning suites focus on demonstrating computer concepts. Professors can use tablet PCs to write out solutions to problems live online with a virtual chalk board.

Some classes are synchronous, or in real time, while others are asynchronous, or on the student's time.

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Online ed fits everyone

Skills required for success same as in traditional classrooms ◆ Time management important to maximizing your experience



Afraid your personality won't fit the world of online learning? Don't worry, experts say, online education doesn't require any special skills you wouldn't already use in a regular classroom.

Tricia Donovan is director of eCampusAlberta, a con-

Before you

commit

► Test it out: Most reputable online programs will let you try out a class or two to see if you like what you see and then cancel with a full refund if you don't check each school's policies first. though. sortium of 15 publicly funded colleges and technical institutes in Alberta offering online courses and programs. She says the common idea that online learners have to be more driven and self-sufficient than in-class learners because of the technical requirements is a myth.

"A lot of the literature will say that people who are self-motivated and driven fit best into online learning but our experience is that motivation itself is enough for any educational program. If you can search the web you have all the technical ability required to complete an online education," Donovan said.

If there is a personality trait that gives you an advantage, it's time management. Dr. Keith Hampson,



director of digital education strategies at Ryerson University's G. Raymond Chang School, says the lack of scheduled in-class work periods means online students often need to manage time well.

"Most online courses are set up so that students can have a great deal of control over when they do work, by and large that is a benefit, but it can also be a challenge. In the classroom, a schedule is provided for you — online, some students find they need to develop a schedule themselves," Hampson said.

Do you have what it takes?

Online courses involve a lot more idea-sharing than a classroom setting. "The web experience can in many ways be more exploratory than what most people get in class — online courses have very strong application to the way business actually works today," said Edward Carson, associate director of the University of Toronto's School of Continuing Studies. Or ARE BRUSLION

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That's exactly what AU student Kathy is doing. She works full-time in the HR field, and is also pursuing her AU Bachelor of Human Resources and Labour Relations degree.

Kathy fits in her study time at home at night, during her kids' sporting events, and even completed an essay during her vacation while sitting around the pool.

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Set yourself a work schedule

It's tempting to let online work slide, but cramming won't work



With no professor watching over you or other students hanging out to discuss Philosophy 101, online learning requires strong internal discipline to stay the course.

Peggy Watts, director of distance learning at Halifax's Mount Saint Vincent University, says it can be tempting to let work slide.

"People have to set themselves a schedule," she says. "Students should be watching the lectures every week and keeping up with the work. The person who leaves

"It's really important to establish relationships with other students."

them all to the night before the midterm is not going to do very well."

For extra motivation, email, Skype or telephone your professor when you don't understand something. That personal relationship will keep you on your toes. Lorna Prediger works at

Lorna Prediger works at the University of Calgary's department of continuing education and is also an online student. She says students who miss real classes will likely skip virtual ones, too

The live courses are an important chance to connect with students and professors, she says.

In between those, professors set regular deadlines for group discussions and assignments. Stick to them, Prediger advises, and enjoy the benefits of attending class when it works for you.

How to hang out online

Old-school distance learning meant you had little contact with other students, but now you can virtually be best buddies with classmates in Cape Breton or Toronto.

Course-management programs like Moodle and Blackboard are popular open-source systems where students and professors can meet to exchange notes and receive feedback.

Students can also

Students can also friend-up fellow students on Facebook, follow each other on Twitter and set Skype study dates to enhance the sense of a learning community.

FAST-TRACK TO A CAREER IN THE TRADES

Four New "Fast-Track" Trades Programs Launch at NAIT

This fall, NAIT will be introducing four new programs that incorporate excellent trades training with rapid advancement through the apprenticeship system. This exciting new initiative, just announced by Alberta Advanced Education, creates an alternative to the traditional path from apprentice to journeyman.

At the end of August, NAIT will offer full-time programs for Welders and Machinists that will fast-track graduates through 1st and 2nd year trades theory, coupled with hands-on skills. Successful students will be eligible to write their Apprenticeship Board exams and then follow up gaining work hours to complete their 2nd year. These students become eligible to be hired as machinists and welders – earning competitive wages – after less than six months of training.

Machining Technicians will take 24 weeks of training in shop safety, hand and power tools, math skills and blueprint reading, as wells an introduction to CNC machining. 20 weeks long, the Welding Technician program concentrates on 1st year and 2nd year welding theory but students will get a chance to hone their skills in GTAW, SMAW and OAW welding. Even though they may start with no experience, these students leave NAIT with 2nd year theory and job-ready skills.

As well as being a great opportunity for students, Stewart Cook, NAIT's Chair of Machining, sees this as a great deal for industry. As oil production and manufacturing become busier in Alberta, graduates of the new NAIT programs are ready to fill available jobs, armed with trades knowledge and practical skills.

As well as programs for those just entering the apprenticeship system, NAIT is offering two short and intensive programs for journeymen interested in preparing for AIT exams in a second trade. Titled "Qualification Preparation", these programs will work with steamfitter/pipefitters interested in obtaining a welding ticket and plumbers who want to become certified in steamfitting/pipefitting.

Applicants must write a Test of Workplace Skills. Those who want to enroll in the Qualification Preparation programs need to submit proof of Journeyman status, as well as a letter from AIT. Tuition for the programs ranges between \$1220 and \$2920, however student funding may be available for the Technician training and the Welder Qualification Preparation program.

Ready to fast-track YOUR career in the trades? Call NAIT at 780-471-6248 or 1-877-333-6248.

Ask the right questions before upgrading skills

Research well experts caution



For people looking to up-

grade their business skills, plenty of distance education opportunities are available through learning institutions across Canada.

The subjects are limitless and could include business plans, writing skills and small business marketing.

But distance learning isn't for everybody, cautions the dean of the School of Part-time Studies at Algonquin College in Ottawa.

"Number one: They've got to make sure that they're disciplined

"Different institutions have different characteristics."

UNIVERSITY OF BRITISH COLUMBIA

enough to be successful in the online world," says Linda Rees.

Just like in the classroom, distance education requires lots of reading, researching, writing and test-taking. With institutions across Canada offering distance education, it's important students do research to find the right fit.

"Is there a facilitator?" asks Colla Jean MacDonald, a professor and distance learning expert at the University of Ottawa.

She says it's important

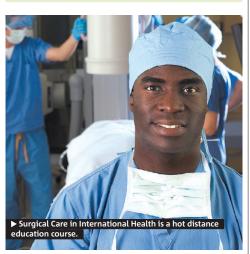
She says it's important that courses have some-body to whom the students can turn to for assistance.

Students should also

find out if the course can be applied towards a future diploma or degree.

"Different institutions have different characteristics," says Jeff Miller, the senior manager of distance learning at the University of British Columbia.

To make the most of one's distance education experience, students must ask the right questions before the experience be-



A wealth of choice



Canadian schools offer a well-rounded mix of online courses in just about any subject: Here are a few online courses and programs around the country Metro found that might catch your interest.

Edmonton

• Arts and Cultural Management (Grant MacEwan University): A program that teaches marketing, financial management, communications and advocacy in the art world. Offered through eCampusAlberta.ca.

Toronto

• Taking Off in Travel (Humber College): An overview of the basics of the travel industry and what it takes to start a career. Case studies involving international travel, niche travel, group travel and conventions as well as a look at all types of travel and accommodations. Visit onlinelearning.humber.ca.

Vancouver

• Surgical Care in International Health (University of British Columbia): A cutting-edge course focusing on the planning and execution of surgery in low- and middle-income places of need around the world.

Learn how to meet the burden of unmet surgical needs and how to orchestrate a professional response around the world. Visit olt.ubc.ca.

Halifax

• Certificate in Police Leadership (Dalhousie University): A program that trains supervisors and managers in the police force, particularly people who want to take their police career to a management level. The well-regarded program counts people in the RCMP and Provincial Police in Ontario and Quebec amongst its graduates. Visit collegeofcontinuinged.dal.ca.

Ottawa

 Creative Writing (Algonquin College): An eightcourse program looking at the features of writing including the structure of language and aesthetic criticism concepts. Emphasis placed on practical, goaloriented work and developing your own writing style. Visit algonquincollege.com.

Calgary

• Human Resource Management Certificate (University of Calgary): Teaches essential skills for staffing, employee and labour relations, compensation and health and safety. Suitable for people starting a career or HR professionals who want to expand their knowledge and skills. Visit conted.ucalgary.ca.







FAST-TRACK TO A CAREER IN THE TRADES

TECHNICIAN PROGRAMS

Get a head start on the way to journeyman with these full-time programs in welding and machining. The curriculum is designed to give students hands-on training plus 1st and 2nd year trade-specific theory so that successful graduates can write Apprenticeship Board exams.

Welding Technician WLD790

Fee: \$2,435 | Hours: 600 Mon to Fri, 8:15 am to 3:15 pm

Aug 30, 2010 to Jan 28, 2011 Jan 31, 2011 to Jun 24, 2011

Machining Technician MAC790

Fee: \$2,920 | Hours: 672 Mon to Fri, 8:15 am to 4:10 pm

Aug 30, 2010 to Feb 25, 2011 Jan 3, 2011 to Jun 17, 2011

QUALIFICATION PREPARATION

NAIT and Apprenticeship and Industry Training (AIT) have partnered to provide two intensive programs. Journeymen Steamfitter/ Pipefitters can work towards their Welding ticket and Plumbers can advance to Steamfitter/Pipefitter certification.

Qualification Preparation SF/PF to Welder WLD820

Fee: \$2,435 | Hours: 600 Mon to Fri, 8:15 am to 3:15 pm

Aug 30, 2010 to Jan 28, 2011 Jan 31, 2011 to Jun 24, 2011

Qualification Preparation Plumber to SF/PF PIP820

Fee: \$1,220 | Hours: 300 Mon & Tues, Thurs & Fri, 7:15 am to 2:10 pm

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Find out more information online at www.nait.ca/ContinuingEducation or call 780.378.5242





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'It was really convenient'

Distance education gets thumbs up from two students Discipline to sit down and complete course work key



Before taking a course through distance education, 23-year-old Jessica Lu had reservations.

"I never thought distance education was something that would work for me,"

says the Vancouver resident who graduated from the University of British Columbia this spring with a degree in biology.

Lu had a "very traditional sense of learning" with a professor and a lecture. When an elective class she wanted to take was full, distance ed-

60 seconds

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Last song played on

iPod? Lips of an Angel by Hinder

Cheesiest song on iPod? Kiss a Girl by Keith Urban Favourite actor? Clive Owen

Favourite film? Kingdom of

60 seconds

JESSICA LU

Last song played on iTouch? Marionettes by The Zolas Cheesiest song on iTouch? Ballads by Chicago and Lionel Richie Favourite actor? Jim Favourite film? Singin' in

the Rain



ucation became the only op-

"I liked how it was really convenient," says Lu.

With large breaks in her schedule between classes, she used that time to complete two courses through distance education.

25-year-old Leigh For Fuller, she felt distance education would be "a good move to accelerate her ca-

When she began pursuing a project management certificate from Algonquin College in Ottawa in the spring of 2009, she had a fulltime job as an administrative assistant and was also riding and training horses on the

"One thing that can pretty



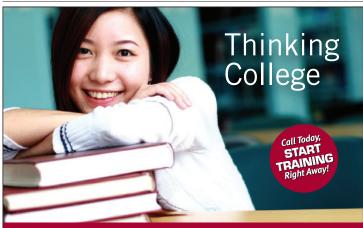
much guarantee you won't be successful at it is if you're not capable of having the discipline to sit down and actually do the work yourself without anyone encouraging you," she says. Fuller feels distance edu-

cation is a good fit for busy people and shy people who may not enjoy being in the classroom.

The distance education experience has been positive for Lu, but she would have liked for the tests to have included more short answer type questions rather than being strictly multiple choice

Fuller doesn't have any complaints.

"I would do it again, well I am," she says with a chuckle.



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End of the road for Brett Favre?

• Vikings teammates say he told them he's done with football

Even though Brett Favre has told some of his teammates he's calling it a career, the Minnesota Vikings are hoping for one last change of heart from the quarterback who just can't stay retired.

Favre has started to conteammates Vikings officials to say he will not return for a 20th season, tight end Visanthe Shiancoe said last

night. "He told a couple guys on our team he's going to retire," Shiancoe said after practice. "He hasn't told me yet. I'm going to check my phone right now, but it hasn't been said publicly yet so I don't know what to believe

Earlier yesterday, a person with knowledge of the situation told The Associated Press that the 40-yearold Favre contacted the Vikings to say he wouldn't return this season because his injured left ankle is not responding as well to surgery and rehabilitation as he had hoped. The person spoke on condition of anonymity because no official announcements were made.

Coach Brad Childress said Favre had not told him directly that he plans to retire as of yesterday morning. The coach would not confirm Favre's status with the team, calling it a "fluid situation." and he was unavailable for comment after

Familiar story

Brett Favre has a history of changing his mind.

- "I know I can play but I don't think I want to. It's been a great career for me, but it's over." -Favre on March 6, 2008, two days after retiring from the Packers. Plays next season for Jets.
- "It's been a wonderful career, I couldn't ask for anything more ... It's time to leave." - Favre on Feb. 11, 2009, when he announces his second retirement. He later "unretires" to play for the Vikings.

the evening practice.

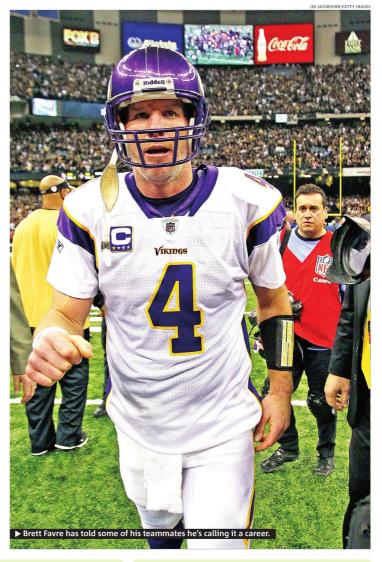
"I'm not a big hearsay person," Childress said. "I gotta hear it from the horse's mouth."

As always with the former MVP, things could change. Favre and his agent, Bus Cook, did not return messages from The As-

sociated Press.
"I plead the fifth on everything," defensive end Jared Allen said.

"I love Brett and he reserves the right to do what he wants to do. We obviously love him as a teammate. We'd like to have him back. But until it's official, I'll believe it when I see it.

THE ASSOCIATED PRESS



Shaq in talks to join Celtics for next season

The Boston Celtics are making progress on a deal that would bring Shaquille O'Neal to the defending Eastern Conference champions, a person with knowledge of the negotiations told The Associated Press.

The person spoke with the AP on the condition of anonymity because the deal was not vet final.

Earlier yesterday, the four-time NBA champion said he will be in the league

Shaquille O'Neal won three NBA titles with the Los Angeles Lakers and another with the Miami Heat.

next season and would rather retire than play interna-tionally. The 38-year-old O'Neal spent last season with the Cleveland Cavaliers. He has all-but ruled out joining LeBron James in Miami or a return to Orlan-THE ASSOCIATED PRESS



Sports in brief

Boston, Miami in NBA opener

NBA. The NBA will open its season with a battle of Big Threes, then offer up the new-look Miami Heat against Kobe Bryant and the defending champion Los Angeles Lakers on Christmas Day.

The Heat will debut their all-star trio of Dwyane Wade, LeBron James and Chris Bosh at Boston on Oct. 26 against the defending

Eastern Conference champion Celtics, who are led by their veteran group of Paul Pierce, Kevin Garnett and Ray Allen.

Deal lets Jolly avoid trial

NFL. Suspended Green Bay Packers defensive end Johnny Jolly made a deal with prosecutors yesterday to avoid trial on a felony drug charge and have the case against him dismissed if he stays out of trouble for the next year.

THE ASSOCIATED PRESS







The Boston Bruins have signed forward Tyler Seguin.

Ryan Howard has gone on the DL after hurting his left ankle.

A botched surgery nearly killed Jacques Demers, the former NHL coach said in an inter-METRO NEWS SERVICES





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It's as simple as that and not nearly the complicated process that many might expect if you are not educated in the operation of a gaselectric hybrid vehicle.

Unlike the Toyota Prius and Honda Insight, which are designed from the ground up as hybrids, the Altima Hybrid is a standard four-door Altima sedan, outfitted with a hybrid power train.

Nissan says it set out to make the Altima one of the best performing large frontwheel drive sedans on the market. The hybrid version adds better fuel economy and fewer emissions to produce a more environmentally friendly vehicle.

With few changes from the 2009 model, the 2010 Altima Hybrid is really an easy and pleasant vehicle to drive. It has a well-designed, comfortable interior and, for 2010, offers an optional Leather Tech Package (\$4,900) that includes a number of features including leather seats, Bose audio system and rear view monitor.

Also new for this model year is a refreshed front fas-

cia and grille, newly styled 16-inch alloy wheels and standard folding mirrors with integrated turn signals.

The Altima Hybrid power train starts with Nissan's tried and true 2.5-litre four-cylinder gasoline engine. It is combined with an electric motor, producing a hybrid system power rating of 198 hp, and it can travel an estimated 1,300 km between fill-ups.

The specs

2010 NISSAN AITIMA HYBRID

- ► VEHICLE TYPE
- Four-door sedan

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- ➤ ENGINE 2.5-litre DOHC 16-valve in-line four-cylinder engine (158 hp, 162 lb/ft of torque) combined with a 40 hp electric motor
- FUEL ECONOMY
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Up and down

GPS Jedi

Owners of TomTom navigation systems can now be guided by the greatest Jedi of them all — Yoda — thanks to a downloadable voice skin.





Car arguments

According to a new survey, getting lost is the biggest cause of arguments in cars. More than 60 per cent of the people questioned in the survey for British motoring retailer Halfords, said arguments had erupted because of their partner's rubbish navigation.



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THE BIMMER AND A FEW MAD MEN

Like a lot of folks, my favourite television series at the moment is Mad Men. I'm not sure I like it because it's such a fascinating portrait of "ad agency" professionals operating in New York city in the early 1960s, or because I simply pine for the days when a man could smoke and drink at the office and had a secretary to type letters and fetch things.

nd now I have another reason to like Mad Men—the advertising.
Last week, we watched the premiere episode of season four, and like the two previous season premieres, it featured a special advertising "vignette" by the series' ti-

tle sponsor, BMW.

The vignette featured Martin Puris talking casually about the ad he created for the original 5 Series. Purrs was the "creative" half of Ammirati Puris (BMW's first U.S. ad agency), and the man who came up with that iconic BMW slogan, "The Ultimate Driving Machine."

After his talk, they ran that historical 5 Series spot, followed by a new spot for the all-new 5

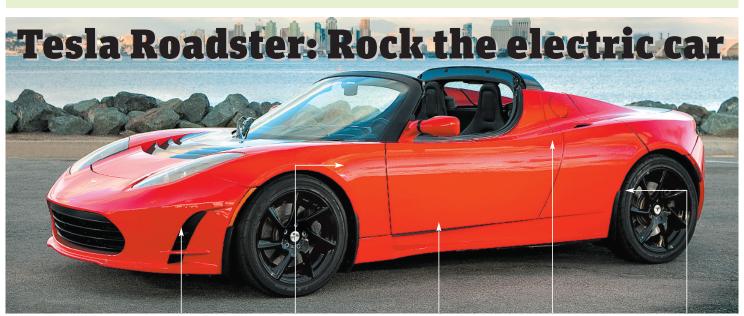
Series.

Brilliant. It told an intriguing part of BMW history, showed how consistent its engineering mission and marketing message has been through the years, informed viewers about a new model, and did it all in a manner that was totally Mad Men.

The idea to feature Puris in this ad, and in another Mad Men vignette three years ago came from Pat McKenna, manager, marketing communications and consumer events, BMW North America. During our recent telephone conversation, McKenna told me that viewers have responded well to BMW's "wink" to the Mad Men narrative.

BMW only hauls out custom creative during the season premieres. The custom ad for the second season premiere actually featured Mad Men footage. "We pulled out 'new' technologies from Mad Men, like the rotary phone, slide projector, and the photocopy machine," said Pat. "It was our way of taking the discussion to our current modern technologies, like our new diesel engines."

He added that, "BMW is very proud of our sponsorship of Mad Men" and that it gives the automaker the opportunity to both "celebrate our own advertising legacy, and pay a tribute to the craft... This is our homage, to Mad Men and to advertising."



DREAM CAR

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The Tesla Roadster Sport is the sole serial production "full electric" car you buy in North America. The driving experience easily trumps the paparazzi experience and even the green experience.

Forged in carbon fibre

EXTERIOR. Body styling and chassis derived from Lotus Elise. French-built carbon fibre body panels shipped to Lotus in England. Panels fitted to a fully aluminum monocoque chassis, built by Lotus to Tesla's specifications. Final assembly in California.

Packed with electronics

INSIDE. No engine under the hood, but fully packed with electronics and radiators and air-con system. Bit tricky to place one's butt in the driver's seat. Once there, your legs stick straight out to the pedals. Small steering wheel requires some effort. \$147, 300

Base price for the Tesla Roadster. The math worked out to \$166,670 with options on the test vehicle.

In company of lithium ion

charging up. Directly behind the rear seats you'll find the famous Tesla lithium-ion cell battery pack: 69 cells wired in parallel to create bricks; internally cooled; delivers up to 215kW of electric power; and gives the Tesla a range of 395 kms.

Acceleration to infinity

DRIVE EXPERIENCE. The Tesla Sport will jump from zero to 60 mph in 3.7 seconds. But impressive as that sounds, it no way conveys what it feels like to keep the Tesla accelerating in anger toward the horizon.



Stuck in middle of nowhere? CAA app can be handy

● iPhone tool can help roadside assistance to offer you a quick way out of a breakdown or emergency ● App can be downloaded from CAA website



You're driving on the open road and enjoying the scenery with your family when suddenly, the warning light comes on and your car's temperature gauge skyrockets.

Or, you've just stopped to see a tourist attraction and now the car won't start. Vacationing by car can be a wonderful experience but the best family road trip can quickly take a wrong turn if your vehicle breaks down. And nothing is more unnerving than breaking down in an

unfamiliar area or in the middle of a busy highway far from home.

According to the British Columbia Automobile Association (BCAA), members use CAA/AAA services about 20,000 times per year while travelling outside across North America.

Now, no matter the distance from home, drivers anywhere in Canada and the U.S. using the Canadian Automobile Association's (CAA) newest iPhone application — the CAA Roadside App which

launched recently and is free of charge.

free of charge.

"Having your vehicle break down miles from home is not only inconvenient, it can also leave travellers feeling helpless," says Richard Gaspar, BCAA's road assist contact centre manager.

centre manager.

"Vacationers are often driving in unfamiliar territory and it can be difficult to figure out exactly where you are. Some street signs are hard to read, or there may be no signs or mile markers at all to indicate

where you're located."

Using GPS technology, the CAA Roadside App helps determine a motorist's breakdown location and automatically submits the coordinates to the nearest CAA/AAA call centre.

"To reach our members quickly, it's crucial that we collect key pieces of information about the breakdown," explains Gaspar.

To download the new CAA Roadside App, go to: CAA.ca/mobile or visit the iTunes App Store



Workhorse turns hip



A decade ago, trucks got trendy. At the start of the millennium, excess was in – everyone wanted to drive SUVs and 4x4s and footballers and rappers had to have Hummers. Suddenly the gigantic Ford F150 was the hottest car in the U.S.

Previously the territory of rednecks and builders, pick ups benefited from low, commercial vehicle tax and were cheaper than most SUVs. Then they got a makeover; double cabs – pick-ups with front and rear seats — were restyled to look like space age Tonka toys.

These utilitarian, macho vehicles became a lifestyle choice for drivers around the world. They were a great option for builders and electricians who would no longer need a second, family car, and their rugged appeal extended to drivers who weren't tree surgeons.

You could bling them up with chrome wing mirrors, petrol caps and bars and they affirmed their macho intent with model names that declared them an Outlaw, Intimidator, Barbarian and Warrior.

Sales of double cabs worldwide peaked around 2007, but the pick-up took a hit with the global economic meltdown along with other new, and especially, big cars.

So where are they now? It's one segment that's bouncing back despite their potentially unpopular size — the big players have all had recent facelifts and their economy improved. Global leader is the Mitsubishi L200 or Triton. The 1,000,000th one was built in Thailand in late 2007 and sales are going well globally, especially in Thailand and Australia.

The lifestyle variants of the L200 remains the growth area since their introduction in 2001 with the '4Life' option, and options continue to increase, from fancy leather seats to new chrome extras.

And the tax rates are still great. So it looks like they're tempting people who want an affordable alternative to an SUV or just fancy these cars' beefy good looks.







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Prelude to fun at wheel

Drive satisfaction and reliability go hand-in-hand with model Reputation behind relatively high prices

SECOND GEAR

JUSTIN PRITCHARD

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Like so many of its competitors, the Honda Prelude gracefully bowed out of the sports car scene after 2001, having become a casualty of low sales volumes and increasing fuel and insurance costs.

Interestingly, even some years later, the last-generation of Honda's coupe still commands relatively high premiums in the used market as a reliable and relevant sports car.

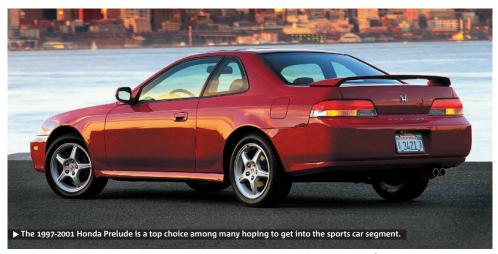
The fifth and last generation of the Prelude hit the scene in 1997, and all models were two-door, four-seat front-drive units with four-cylinder power. Said power came from a 2.2 litre VTEC

The specs

- MODEL 1997 to 2001 Honda Prelude
- VEHICLE TYPE Coupe
 APPROXIMATE USED
 PRICE RANGE
 - \$5,500 to \$10,000

engine with 195 or 200 horsepower, depending on model year. A manual five-speed transmission was standard, and a four-speed automatic was available optionally, and featured manual-mode shifting.

Features included ABS disc brakes, air, a sunroof, leather seating, and a CD-changer audio system. Exceptional handling and braking were part of the package. Prelude mightn't be Honda's most practical used model — but many an owner say their many



chines deliver reliable driving enjoyment, day in and day out.

What Owners Like

Power, handling and driving dynamics were among the last-generation Prelude's most highly rated attributes according to

owners. Reliability and fuel mileage are well-rated, too.

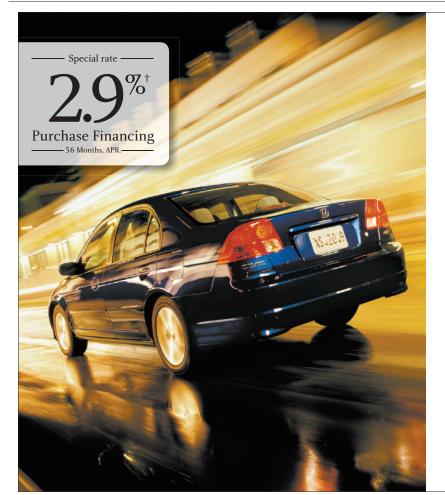
What Owners Hate

Prelude's most common gripes centre around limited interior and cargo space, squeaks and rattles over time, and a rough ride on some surfaces.

Common issues

Prelude doesn't seem to suffer from any glaring or systematic problems, though several checks are advised. The Prelude's H22 engine used a timing belt tensioner that could be a

source of grief in the event of a malfunction that allows too much slack in the timing belt. This could cause skipped belt teeth and even potentially fatal engine damage.



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Crossword

Across 1 Plead 4 Milky gem 8 Vocal comeback 12 Water (Fr.) 13 Hill counterpart 14 Frog's cousin 15 Missten 16 Give special emphasis to 18 Downright 20 Thither 21 Creche trio 24 Gunpowder ingredient 28 Ancestral place 32 Pop flavor 33 "The — Daha Honeymoon' 34 "— di Lammermooi 36 Snitch 37 Lima's country 39 Cell's ancestor 41 Graceful young woman 43 Marquis de — 44 Constrictor type 46 Hindu prince

59 Bard 60 Seeks damages 61 Caustic solution

50 Solid hit

55 Have bills

56 Concept 57 "Piggies"

Down 1 Gridlock sound 2 Count counterpart 3 Ashram leader

58 Simple card game

- 4 Eccentric
- 5 Standard
- 6 "The Greatest" 7 Tax
- 8 Cultural, in a way 9 Bill and -

12 13 15 16 17 18 20 19 21 22 23 24 25 26 27 30 29 31 28 33 34 35 36 37 38 39 40 41 42 43 44 45 46 48 49 51 52 53 55 56 57 58 59 60 61

10 Scenery chewer 11 Praise from 59-Across 17 A billion years

- 19 Sra., across the Pyrenees 22 Old name for 23 Pizarro's victims
- 25 Actress Spelling 26 Verve 27 Assessment 28 Chances
- 29 Do as I say 30 Crumbly clay de-

31 Actress Merrill 35 Speech 38 Cheerful, as a

- tune 40 Meadow 42 Scuttle
- 45 Macrame and origami 47 Cheek by -
- 48 Vacationing 49 Present 50 Back talk
- 51 Altar affirmation 52 Born 53 Debtor's letters 54 Victory gesture

➤ Yesterday's answer

М	Α	L	Т		0	В	Τ	Е		R	П	М
Р	L	Е	Α		G	U	R	U		Α	В	Α
Н	Α	М	В	U	R	G	Ε	R		D	Ι	D
			0	R	Ε	S		Α	R	Τ	S	Е
В	Α	Т	0	Ν			Α	S	Ε	Α		
Ε	R	R	S		Н	Α	М	Τ	L	Т	0	Ν
Т	Е	Α		S	Е	Ρ	Τ	Α		1	Τ	_
Н	Α	М	S	Т	Е	R	S		F	0	Ν	Т
		Р	Е	Ε	L			K	Τ	Ν	K	S
J	U	L	Ε	Ρ		0	K	Τ	Ε			
Α	Р	Ε		Н	Α	М	Α	D	R	Υ	Α	D
Ν	0	R		Ε	D	Е	Ν		С	0	R	Α
Ε	Ν	S		Ν	0	Ν	Ε		Ε	М	М	Υ

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

Sudoku

6	9						5	1
	3			6			7	
		7	5		8	2		
			4		1			
8								4
			2		9			
		1	3		7	9		
	5			1			3	
4	7						1	8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send	a	KI	SS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dalice, You are going to be an amazing mom! I love vou so much, and I will be here with you every step of the way! I got some suguar for you when you get home! LOVE KEN

Maya, i had a guitar and a backpack. We shared a cigarette then I sang you and anne a song. Since that day, your enchanting eyes have troubled my mind true...how ever will I find you again?

To my beautiful fiancé Sara, I love you more then anything and can't wait to marry you! Xoxo Love, your future hubby STEPHEN COLE

To my queen Will you marry me FROM YOUR KING

A look at the weather

TODAY Max 29° Min 22°

THURSDAY Max 29° Min 22°

FRIDAY Max 26° Min 19° :Ö:

2 5 3

6

5 2 7

9 8 4

3

7 2

4 6 1

7 4 2

3 8 9

1 5 6

9 5 2 8

4 5 9 7 3

9 6 8 3 5

8 2 9 7 8 9

1 2 4

6 4 1

2 3 7

8 1 2

4 7

6 1 4 3 9 5

6 3

Michele McDougall **Weather Specialist**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 19 If you work with other people today you will achieve something special. If you work against them you won't get anywhere. It's that simple.

Taurus Anril 20-May 21 Your destiny is not set in stone and anyone who tries to tell you that it is should not be considered a friend. Whatever it is you most dream of doing now is the best time to start it.

II Gemini May 22-June 21

Time is on your side and if you take vour time vou will achieve everything you set out to achieve, so don't rush things.

Gancer June 22-July 22 YOU may be in the mood to take risks but today's Mars-Jupiter

link warns there is more at

Ω Leo July 23-Aug.23 You are allowed to have fun you know. You may have to push yourself to go out and do the things you enjoy today but once you start you won't want to stop. This is your time of year, so make the most of it

MP Virgo Aug. 24- Sept. 22 You may not be the type who gets carried away easily but something will spark your passion today and soon everyone will know what it is you are so enthusiastic about reaktion där

 ← Libra Sept. 23-Oct. 23 If you are feeling a bit down throw yourself into an activity that requires your full attention. Be-

fore you know it you will have forgotten all about your worstake than you seem to realize.

M Scorpio Oct. 24-Nov. 22 A quick decision is a must, but will it be the right decision? That remains to be seen, but with Mars opposing luck planet Jupiter even if you get it wrong it will somehow work out for the best in the end.

✓ Sagittarius

Nov. 23-Dec. 21 You will go on the attack today and, almost certainly, you will win whatever battle it is you are engaged in. Be careful you don't go too far and destroy a friendship.

り Capricorn Dec. 22-Jan. 20 You want to make a name for yourself and move up in the

world and with Saturn moving through the career area of your chart you will undoubtedly get the chance.

Aquarius Jan. 21-Feb. 18 You won't lack for energy today – in fact you may have a bit too much for some people's tastes - but do you have common sense to go with it? If so there is no end to what you can, and will, accomplish.

H Pisces Feb. 19-March 20 You will be extraordinarily impulsive today, so much so that some people will think you have lost your mind. Whatever the reason for your precipitate action, and whether or not it succeeds, at least others won't take you for granted again. SALLY BROMPTON

Caption contest

"Definitely a hair-raising experience for us" MARIA DECRUZ



image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



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